

Move Better

SPRING 2022 | Co-published with
Community Health Magazine

Better at Baseball

How IBJI improves your game

PAGE 14



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Move



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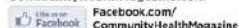
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Let's Get Back Into the 'Swing' of Things

As I look ahead to buds, blossoms, and grass turning green, I'm reminded of familiar sounds that echo across the baseball field near my home each spring. It won't be long until I hear those Little League sounds again — the crack of the bat, the coaches yelling, and the parents cheering. Baseball continues to be America's family tradition, and to the kids who work so hard at their game, it may be the most important thing in their lives.

That's why our Spring 2022 issue of *Move Better* focuses on baseball and other spring sports. We're here to support the athlete in you with news you can use to advance in your sport, whether you're 8 or 80.

In this issue, you'll learn about the partnerships we've established over the years with baseball and softball clubs and organizations, and how our premier baseball training facilities and specialized instructors, trainers, and physical therapists enhance player performance.

To keep you safe this season, we offer information on concussion screens, tests, and tools that are available to you. Find out about the athletes who are most at risk for concussions, and get details about an app that can help you locate the nearest immediate care center in the event of a sports injury.

Our orthopedic specialists weigh in with their expertise by sharing seven sports injuries to watch out for. Discover treatments and recovery tips that will help you get back into the game.

Speaking of injuries, you'll find a great article about our Return to Sport: Phase IV specialized program that helps you build back your strength and stamina following surgery.

Finally, this issue includes sports nutrition advice to enhance your athletic performance. Our dietitian has 'fueling' tips for you, and talks about the classes and private sessions that help you create personalized nutrition plans for achieving your athletic goals.

We hope you take the time to read this issue to get the motivation you need to move better and live better.

Let's get moving!

Stefanie Dell'Aringa
Copywriter & Social Media Specialist
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COPYWRITER & SOCIAL MEDIA SPECIALIST
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"We're here to support the athlete in you with news you can use to advance in your sport, whether you're 8 or 80."

7 Sports Injuries to Watch Out for

Our Specialists Talk About Pains, Sprains, Strains & Tears

WHETHER YOU'RE IN TOP PHYSICAL CONDITION, a weekend warrior, or somewhere in between, there's a chance you could get injured while participating in your sport or activity. Lack of flexibility, increasing activity too quickly, and poor strength all can lead to injuries that take you out of play.

We asked some of our IBJI orthopedic specialists to list the top sports-related injury they see. Below, they offer prevention and treatment plans to keep you moving and performing at your best.

1. Overhead Throwing Injury

Michael Chiu, MD, an IBJI board-certified orthopedic surgeon with



fellowship training in sports medicine and arthroscopy, serves as the Head Team Physician for the Schaumburg Boomers baseball team. A common injury he sees among athletes is acute and overuse injury of the shoulder.

"Overhead athletes are at a unique risk for shoulder injuries because of the joint's significant range of motion, biomechanics, and repetitive stresses in certain sports that result in fatigue and weakness," he says.

Overuse injuries of the shoulder can lead to labral tears, biceps tendon damage, rotator cuff injury, internal impingement, and even instability. If untreated, minor throwing injuries in the shoulder can progress to more serious conditions.

"For example, in baseball players, instability can develop progressively over years from repetitive throwing which can stretch the ligaments in the shoulder

and lead to laxity," Dr. Chiu says. "The result will be pain, loss of velocity, and diminished throwing accuracy. Eventually, this can lead to instability or dislocation."

Prevention

Dr. Chiu says there are modifiable factors to prevent overhead throwing injuries. "These include undergoing physical therapy to strengthen the rotator cuff and scapular muscles, working on specific range of motion deficits and proper throwing mechanics, and altering training load," he says.

Because of year-round athletics, it has become valuable for young and developing athletes to engage in what Dr. Chiu calls "Sport-Specific Relative Rest" for at least two straight months each year.

"During this time, athletes should participate in other sports to maintain physical strength, endurance, and stamina, while avoiding the recurring stresses of the primary overhead sport and mitigate the risks of overuse injury in the shoulder," he says.



Michael Chiu, MD

IBJI board-certified orthopedic surgeon with fellowship training in sports medicine and arthroscopy

Modification

Activity modification — like changing positions for young athletes, although sometimes not realistic in older high-level athletes — can eliminate the repetitive microtrauma in the shoulder.

Pain Relief

"Routine use of post-exercise cryotherapy, non-steroidal anti-inflammatory medication, or a cortisone injection may relieve pain and inflammation in the shoulder to allow for improving mechanics and strengthening," Dr. Chiu says.

2. ACL Tear

Cutting and pivoting are necessary for a lot of sports. Soccer, in particular, requires a lot of



defense, putting players at risk for ACL tears. In fact, tackling accounts for 51% of ACL injuries, according to a National Institutes of Health sports health article.

Ronak Patel, MD, an IBJI orthopedic surgeon who is double board-certified in orthopedics/sports medicine and fellowship-trained in sports medicine and arthroscopic surgery, says there are some things athletes can do to prevent ACL injuries. He recommends starting a knee injury-prevention program focused on core and lower extremity strengthening as well as neuromuscular control.

"Studies have shown a formal rehabilitation program focusing on building strength in the lower extremities and improving the biomechanics of how someone lands from a jump have led to decreased ACL injuries," Dr. Patel says.

"We generally call these ACL injury-prevention programs, and IBJI has such a program called Phase IV. The rehabilitation programs are useful in all younger athletes, both males and females, but studies do lend support in reducing the risk of injury in female athletes, including soccer and basketball players."

Treatment for ACL Tears

"Unfortunately, once a patient suffers an ACL tear, most often surgery is required in younger, athletic patients,"



Ronak Patel, MD

IBJI orthopedic surgeon, double board-certified in orthopedics/sports medicine and fellowship-trained in sports medicine and arthroscopic surgery

Dr. Patel states.

"There may be a course of pre-surgical physical therapy aiming to reduce swelling and stiffness, but typically ACL reconstruction is recommended."

Continued on next page

3. Hamstring Strain

“Especially as the weather gets colder and my avid athletes try to stay active, a common injury I see are muscle strains,” says Justin J. Gent, MD, an IBJI orthopedic surgeon with fellowship training in sports medicine. “An example would be hamstring and calf strains that occur in runners.”



Sports
Medicine

A muscle strain can occur when the muscle fibers are attempting to contract while there is a force put on the muscle that is causing it to lengthen, what is called an eccentric load. “For example, this can occur when a runner is taking a stride but also contracting

the hamstrings to absorb the footfall,” he says.

Prevention

An important way to prevent muscle strains is to ensure that you take the time, just two to three minutes, to warm up your muscles before exercise by gently contracting and stretching the muscles that you will be using to prime them for the exercise, Dr. Gent suggests.

“For runners, I usually recommend a standing hamstring and calf stretch,” he says. “Jumping rope (either with a rope or just simulating it) is a great way to increase the blood flow to the muscles that you will be using on a



Justin J. Gent, MD

IBJI orthopedic surgeon with fellowship training in sports medicine

run and getting those primed for what they are about to do. Stretching after a run is just as important to ensure that the muscles and tendons that you just exercised maintain their length for the next workout.”

4. Lateral Ankle Sprain

Carla Gamez, DPM, an IBJI board-certified podiatric surgeon, says one of the most common injuries she sees among athletes is a lateral ankle sprain.



Foot,
Ankle

A twisting force to the lower leg or foot can result in a sprained ankle, and the lateral ligaments are generally the most commonly injured. Sometimes you might hear people refer to this injury as “rolling an ankle.” This can occur while running on trails, playing football, tennis, or participating in a variety of other sports.

Treatment

Dr. Gamez’s suggested treatment includes:

- Ice
- Elevation
- NSAIDS for a few days
- Passive range of motion for the ankle
- Follow up with a foot and ankle specialist in four weeks

“It’s important to see a foot and ankle specialist to rule out a fracture,” Dr.



Carla Gamez, DPM

IBJI board-certified podiatric surgeon

Gamez says. “After it’s determined that the injury is only an ankle sprain, it’s important to start physical therapy as soon as possible.”

5. Non-specific Back Pain/Sciatica

Lumbar strains, disc-related issues, and sciatica are common conditions that can affect



Spine



Sports
Medicine

any athlete, particularly those who participate in football, soccer, tennis, golf, and weightlifting, according to Mehul Garala, MD, an IBJI physical medicine and rehabilitation physician who is fellowship-trained in spine and sports medicine.

findings, and its impact on function,” Dr. Garala says. “As a result, an individualized plan needs to be discussed between the patient and the provider.”

The majority of Dr. Garala’s patients usually begin with conservative treatment, including medications to reduce inflammation and to help with pain, as well as physical therapy.

“If symptoms do not improve there is consideration of an epidural steroid injection,” Dr. Garala says. “Lastly, sometimes a surgical intervention is needed if conservative treatment fails or if symptoms worsen.”



Mehul Garala, MD

IBJI physical medicine and rehabilitation physician who is fellowship-trained in spine and sports medicine

6. Stress Fractures of the Leg

Stress fractures are typically overuse injuries, according to Christopher Mahr, MD, an IBJI orthopedic surgeon specializing in sports medicine.



"They are commonly seen in runners but also seen in other sports that involve running," Dr. Mahr says. "I usually see these injuries at the beginning of fall cross country season due to improper preseason training."

Prevention Tips

Dr. Mahr recommends to:

- Gradually build up activity over a period of weeks, not days.

- Avoid ramping up weekly mileage too fast.
- Ensure that running shoes are in good condition and replaced every 300-500 miles, depending on the wear of the shoe.
- Listen to your body.

If you experience pain with weight bearing, this could indicate a stress fracture.

Treatment

"The treatment for stress fractures is to limit activity and decrease weight bearing until the pain dissipates," Dr. Mahr says. "This can typically take



Christopher Mahr, MD
IBJI orthopedic surgeon specializing in sports medicine

four to six weeks. Cross-train by either biking, swimming, or elliptical to maintain aerobic fitness. Running can be resumed once symptom-free and should be instituted gradually."

7. Iliotibial (IT) Band Syndrome

A common injury among long-distance runners, triathletes, and cyclists is iliotibial



Knee



Sports Medicine

(IT) band syndrome. It's something Edward "Scott" Logue, MD, an IBJI orthopedic surgeon with fellowship training in knee and sports medicine, sees frequently.

"The IT band connects the buttocks muscles to the knee. It is a broad ligament responsible for stabilizing the leg when standing on one leg," he says.

"Pain is often on the outside of the knee and can travel up the thigh. It occurs frequently in people who exercise over extended periods in one

place, i.e., running or cycling straight forward, or who run on uneven surfaces such as a banked track."

Prevention

He says the best way to prevent it is to stretch after each exercise session, emphasizing hamstring and quadriceps and maintaining hip rotation. "Also avoid running in the same direction around a track every day. For cyclists, ensuring proper bike fit is important."

Treatment

Treatment is relative rest, Dr. Logue says. "It's okay to exercise within pain tolerance as long as other entities, such as meniscal tears, are ruled out. Ice, massage, and foam rolling are helpful.



Edward "Scott" Logue, MD
IBJI orthopedic surgeon with fellowship training in knee and sports medicine

Referral to a physical therapist usually speeds up recovery and prevents recurrence."

He tells patients that IT band syndrome can be very frustrating for athletes, but is best prevented and usually cured with simple stretches and self-care on a regular basis.

Another way to learn more about athletic injuries and their treatments is to tune in to the IBJI OrthoInform Podcast. Every other week, an IBJI orthopedic physician explains what patients need to know about common orthopedic conditions and treatments, including what to expect before and after surgery.

Recent episodes specific to athletic injuries include ACL injuries, rotator cuff repair, and Achilles tendon repair. ■

Subscribe at ibji.com/podcast.





Fueling Your Body in 2022

Enhance Your Athletic Performance with the Right Nutrition



LYDIA NADER, MS, RD, LDN
 IBJI SPORTS DIETITIAN AND
 ORTHOHEALTH LEAD DIETITIAN

THIS MARCH, IBJI IS PROUD TO UNVEIL A NUTRITION CLASS specifically designed for athletes. Led by IBJI Sports Dietitian and OrthoHealth Lead Dietitian Lydia Nader, MS, RD, LDN, the newly launched 45-minute class helps you develop an active nutrition plan, no matter what your sport may be, and align it with your busy schedule.

Achieve your fitness goals and power yourself through the day to perform your best. Get all the answers you need about balancing carbs, fats, and proteins, and meet other athletes with similar goals.

“We have expertise among our nutrition team and we wanted to provide that to individual athletes,” Lydia explains. “We’ll talk about how

you can apply proper fueling into your everyday life, and we’ll discuss topics like prefueling, hydration, and how to avoid cramping.”

Before or after class, you can sign up for personalized and customized one-on-one sessions with a dietitian to design your nutrition plan. These sessions are often covered by insurance plans, Lydia says. In the first private session, she assesses your training schedule, food preferences, and lifestyle to give you applicable nutrition tasks and goals.

“This is not just a meal plan, but specific products, foods and timelines,” Lydia says. “I’ll map out a fueling plan.” Fueling, she says, is the act of eating calories to nourish your body to achieve





athletic goals.

A competitive marathon runner for more than two decades, Lydia understands the importance of proper fueling for optimal athletic performance. Sports nutrition is her main focus.

"We have other dietitians who focus on weight loss and diabetes, which are important, but I'm the only sports nutrition dietitian here and that is my passion," she says. "Within the Health Performance Institute (HPI), I support athletes with nutrition recommendations, and recently I've been working with individual patients and schools. I also work with our sports medicine doctors to create educational materials on sports nutrition topics."

Here are just a few of the tips she shares with her athletes:

1. Plan ahead.

Create your fueling schedule. Map out when you're going to eat breakfast and when you will have an opportunity to fit a snack in. Map out when your training will happen. "Planning ahead makes it easier to stay fueled with a busy schedule," Lydia says.

2. Never miss out on refueling.

Eat or drink some sort of key nutrition after a workout. Eat about 20 grams of protein with 60 grams of carbohydrates within 30 minutes of finishing your workout. Examples are rice and salmon or chicken, Greek yogurt with berries, a

fruit smoothie, or a hard-boiled egg with dried fruit.

3. Stay hydrated.

"The No. 1 thing across the board that I think athletes really struggle with is hydration, especially in the winter and spring months," Lydia says. "They struggle with drinking enough water throughout the day in order to make sure they're properly hydrated for a workout or competition."

For good hydration, she recommends eating fruits and vegetables that have a lot of water, like celery, cucumbers, berries, soups, and stews. Keep a glass of water close by throughout the day.

4. Choose accessible bars & gels.

"These are carb-rich, deliverable types of energy," Lydia says. "When an athlete is in a high level of activity, using gels or packets helps them to get enough energy to sustain their performance."

If you're trying to avoid sugar, you can opt for baby food or pureed fruit.

5. Sign up for a one-on-one session or sports nutrition class.

"You'll walk away with an active plan for whatever your goals are, as well as having access to a dietitian," Lydia says. "You'll gain an understanding of what a dietitian is and how you can benefit from working with us."

Learn more about nutrition counseling at IBJI to perform at the highest level possible. ■



Announcing IBJI's New OrthoHealth Newsletter

Get medically based tidbits to optimize your metabolic health, reduce stress, improve sleep, and more with IBJI's newly launched OrthoHealth newsletter.

You can sign up to receive our newsletter at the start of each month, and, in return, get a new recipe from our registered dietitian and gain valuable insights into topics like reducing body fat, healing after surgery, and reducing inflammation. Nutrition goes a long way toward a happier, healthier you.

Sign up today at ibji.com/orthohealth.

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Get Back to the Sport You Love

WITH HELP FROM IBIJI

WHETHER YOU'VE BEEN RUNNING, JUMPING, THROWING, LIFTING, OR TWISTING, a sports injury can stop you in your tracks and put you on a long road to recovery. As an athlete, all you want to do is get back to the sport you love, whether it's on the field, court, path, or rink, as fast as possible. But how do you know if you're ready? That's where IBIJI's Return to Sport: Phase IV Program comes in, offering a specialized approach to recovery that goes beyond traditional physical therapy.

Named after the last phase of rehab recovery, this program is specifically designed to provide a comprehensive approach for athletes of all ages. From the recreational softball enthusiast to the professional women's soccer player, our athletic trainers, physical therapists, physical therapist assistants, and physicians work with you to help you regain your endurance, strength, stability, power, and confidence. We work to ensure your future risk of injury is minimized.

IBJI's Return to Sport: Phase IV Program is led by Bria Wanzung, PT, DPT, ATC, who serves as Head Physical Therapist for the Chicago Red Stars, a professional women's soccer club based in Bridgeview.

"I've always had a passion for sports medicine and I'm also an athletic trainer," Bria says. "I've been working with the Chicago Red Stars on and off for eight years. Getting athletes back to play is my favorite part of what I do."

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Who Is This For?

Bria says the Phase IV Program is for anyone who wants to get back to their sport, and one-on-one sessions are personalized to the individual.

"This can be done one-on-one or in a class format," Bria explains. "We work with a lot of different athletes to get them back to running, jumping, and playing sports. The class format is great for athletes looking to get back to competitive sports, as the camaraderie really helps improve athletes' confidence and breaks up the recovery process into a different format. The classes are nice because you're with other people who are experiencing the same thing you are."

Many of the clients in the program are college and professional players, but all athletes are welcome.

"It's really for any contact sports injury — hockey, baseball, soccer, football, volleyball, lacrosse, softball," Bria says. "We're seeing a lot of ACL injuries in younger patients, unfortunately. We see patients as young as 12."

How Long Is the Program?

The program offers circuit-style sessions. There are training classes that work on strength, agility, conditioning, and sport-specific skills. Testing is done on athletes to make sure they're ready to move to the next level of training, and there are 12 sessions in total that are typically completed within a six-week period.



Bria Wanzung, PT, DPT, ATC

IBJI's Return to Sport: Phase IV Program
Chicago Red Stars Head Physical Therapist

"I've always had a passion for sports medicine and I'm also an athletic trainer. I've been working with the Chicago Red Stars on and off for eight years. Getting athletes back to play is my favorite part of what I do."

Bria Wanzung, PT, DPT, ATC



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"Return to Sport: Phase IV has been at IBJI for 10 years. The program is invaluable for patients returning to sports, as we've seen an average performance improvement of 20 percent following discharge from physical therapy."

Matt Repa, IBJI Sports Medicine Business Development



One Unique Case

Not all athletes are ready to return to their sport, but they may have other goals in mind. Bria recalls a patient who had a meniscus repair with ACL (anterior cruciate ligament) and MCL (medial collateral ligament) injuries. The patient came in unable to bend his knee following surgery because the clinic he had gone to (not affiliated with IBJI) was forcibly trying to bend his knee, causing him to develop a pain response. Through injections to calm down his sympathetic nervous system and working with him for several months, Bria was able to help him reverse the atrophy and get him back to full function.

"There's a huge psychological component that goes with this for any athlete," Bria says.

Most patients are referred to the Phase IV Program by IBJI orthopedic surgeons. Athletic trainers, school athletic trainers and coaches also work with the program, and Bria and her team additionally collaborate with IBJI OrthoHealth nutritionists through a multi-provider approach to care.

From Post-Op to Phase IV

An athlete might come into the program with a lower-extremity injury that requires surgery. "I will see them post-op, the day after surgery," Bria says. "We start out with our exercises, basic strengthening, working on range of motion, and getting their quadricep muscles firing. We wean them off crutches, and once they're walking normally we would start working with higher-level training that might include squats and lunges."

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From there, the athlete would begin blood flow restriction training, or BFR therapy.

Blood flow restriction training/therapy reduces blood flow to the extremity to enhance muscle fiber activation using lower-intensity exercises. The goal is to improve strength and muscle growth, and reduce pain.

Once an athlete graduates from therapy and they've regained their proper muscle strength, Bria starts to work on load.

"We'll usually start jumping to see how their body accepts load," Bria says. "Then we'll do a baseline test with them to see what their symmetry is from one side to the other to see if they're ready to start the Phase IV program."

Training Staff to Provide Optimal Care to Athletes

Bria is currently expanding the program and training more physical therapists and athletic trainers to be IBJI Phase IV-certified specialists. Right now, there are several Phase IV specialists who work with athletes to get them back to their full performance level. Growing her staff is one of her 2022 goals, and she'll be training a large group expected to graduate in the fall.

They may already have some sports medicine training, but they are further prepared to use IBJI's Phase IV evidence-based, comprehensive approach to help athletes through the whole spectrum of rehab. They are trained on how to perform appropriate exercises with patients, assess progress through baseline testing, and more.

"There are a series of three classes they must complete in order to become a sports medicine clinician with IBJI," Bria says, adding that they will be able to work with athletes of all ages.

"We want to be available for all athletes, not just high school kids or patients with ACL injuries," Bria says. "More therapists are being trained on Phase IV."

How You'll Benefit

Whether you're a weekend warrior, a recreational athlete, or part of a professional team, you can enroll in the sessions/classes and benefit from customized rehab that will ensure a full and safe return to sport. The cost of the program is \$360, and the results — including improved performance — are well worth it. Success is evidenced by the longevity of the program.

"Return to Sport: Phase IV has been at IBJI for 10 years," according to Matt Repa, in charge of Sports Medicine Business Development at IBJI. "The program is invaluable for patients returning to sports, as we've seen an average performance improvement of 20 percent following discharge from physical therapy."

Athletes who are interested in participating in the program can pick the location nearest their home. Phase IV is currently offered at IBJI's Highland Park, Morton Grove, Glenview, Westmont, Wilmette, and Western Springs locations.

Learn more about the Phase IV Program and get back the confidence and strength you need to return to the sport you love. ■





3 Brain Health Tips for the Athletes in Your Family



ANTHONY SAVINO, MD
SPORTS NEUROLOGIST
ILLINOIS BONE & JOINT INSTITUTE

WITH EXTRACURRICULAR ACTIVITIES RAMPING UP THIS SPRING, it's important to stay safe and know about the tools available if you — or your child — suffers an injury on or off the field.

IBJI is here to help with three tips to stay on top of your game. In this article, you'll get the knowledge you need about the tools and tests available to athletes, so you can have peace of mind no matter what sport you plan to pursue.

1 Get a Preseason Evaluation to Support SCAT5

SCAT5, or Sport Concussion Assessment Tool, is a test our athletic trainers use to evaluate a possible concussion on the field. If an athlete has chosen to do a preseason evaluation prior to experiencing a concussion, there is more information available to the athletic trainer and provider to support the use of this tool. That's why it's important for athletes to schedule a physical assessment with a sports neurologist prior to starting the season.

"[SCAT5] includes several different tests within it, including mental status, immediate and delayed memory, balance, and a brief neurological examination, in addition to a symptom checklist," says IBJI Sports Neurologist Anthony Savino, MD, who talks about this test in his Q&A, Answers to Common Questions About Concussions. "Having an understanding of the athlete prior to the injury can be very helpful when using this test."

2 Take an ImPACT Baseline Test

Did you know that the most “at-risk-for-concussion athletes are those who participate in football, hockey, lacrosse, wrestling, and soccer? If you participate in any of these contact sports, or if someone in your family is a gymnast, cheerleader, or figure skater, you might want to consider getting a commonly and widely used ImPACT concussion baseline test. Dr. Savino talks more about this test in his Q&A.

ImPACT testing is a computerized neurocognitive screen. This tool provides information on an athlete before they get injured. When/if an athlete suffers a concussion, this information comes in handy since it supplies details about the athlete’s memory, reaction time, and impulse control prior to them being injured. The provider can then assess the patient by comparing pre- and post-concussion tests.

“Being that concussion evaluation is clinical, and with most of the cases not involving those more clear signs of concussion (like loss of consciousness, amnesia or confusion), we are dealing with subjective symptoms, so the more information we have about the patient’s brain prior to the injury, the better we are able to assess if that injury actually involves the brain,” Dr. Savino says in the blog. “The preseason evaluation helps to best manage the individual athlete.”

3 Download the IBJI Sports Access App

The IBJI Sports Access app, which is free and can be downloaded to your smartphone, is perfect for students, parents, coaches, athletes, teachers, and club leaders.

You can use the app to:

1. Inquire about a complimentary injury screen.
2. Request a baseline concussion test at home.
3. Find the closest location for acute post-injury concussion care.
4. Schedule a sports performance screen, a complimentary service provided by our credentialed and certified coaching staff to evaluate your speed, agility, and overall power.
5. Find the closest OrthoAccess immediate care clinic near you.

The app can be used to speed up the process of receiving immediate orthopedic care should you or your child require it. This may be the single most important reason to download the app when considering the number of injuries our young, budding athletes experience.

Example: Your child is at an away soccer game and suffers a knee injury on the field. Even though you’re miles from home, you can open the app and figure out where to take your child for immediate care.

IBJI offers 14 OrthoAccess locations across the Chicagoland area. Our immediate care clinics are similar to urgent care facilities but are focused on orthopedics. Each clinic has advanced imaging technology and is staffed by our IBJI orthopedic specialists who can diagnose and treat sports injuries, fractures, dislocations, sprains, strains, slips, trips, falls, and more.

OrthoAccess offers a safer alternative to the traditional ER, where you may wait for hours to be seen by a physician, only to be referred to an orthopedist.

OrthoAccess saves time and money, and more parents are turning to it. “My son had a bad fall off of his bike — I’m so thankful someone had mentioned this as an alternative to traditional urgent care. We were seen immediately, had three quick X-rays with the ortho reading them personally right away. We were literally out of there within 30 minutes. The MD, MA, and receptionist were all wonderful. This will definitely be my go-to for all kid injuries!” writes Tanya, a parent who visited an OrthoAccess clinic in June of 2021. ■

Take advantage of all of IBJI’s offerings to be fully prepared for all of your athletic endeavors. Learn more about IBJI’s baseline concussion testing, get more information about our **OrthoAccess** locations, and download our free **IBJI Sports Access app** at ibji.com/app.



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Better at Baseball:

How IBJI Improves Your Game



Mike Gaynor, BA, CPT
General Manager &
Director of Baseball Ops



Tom Simon, ATC
Head Athletic Trainer
for Chicago Dogs

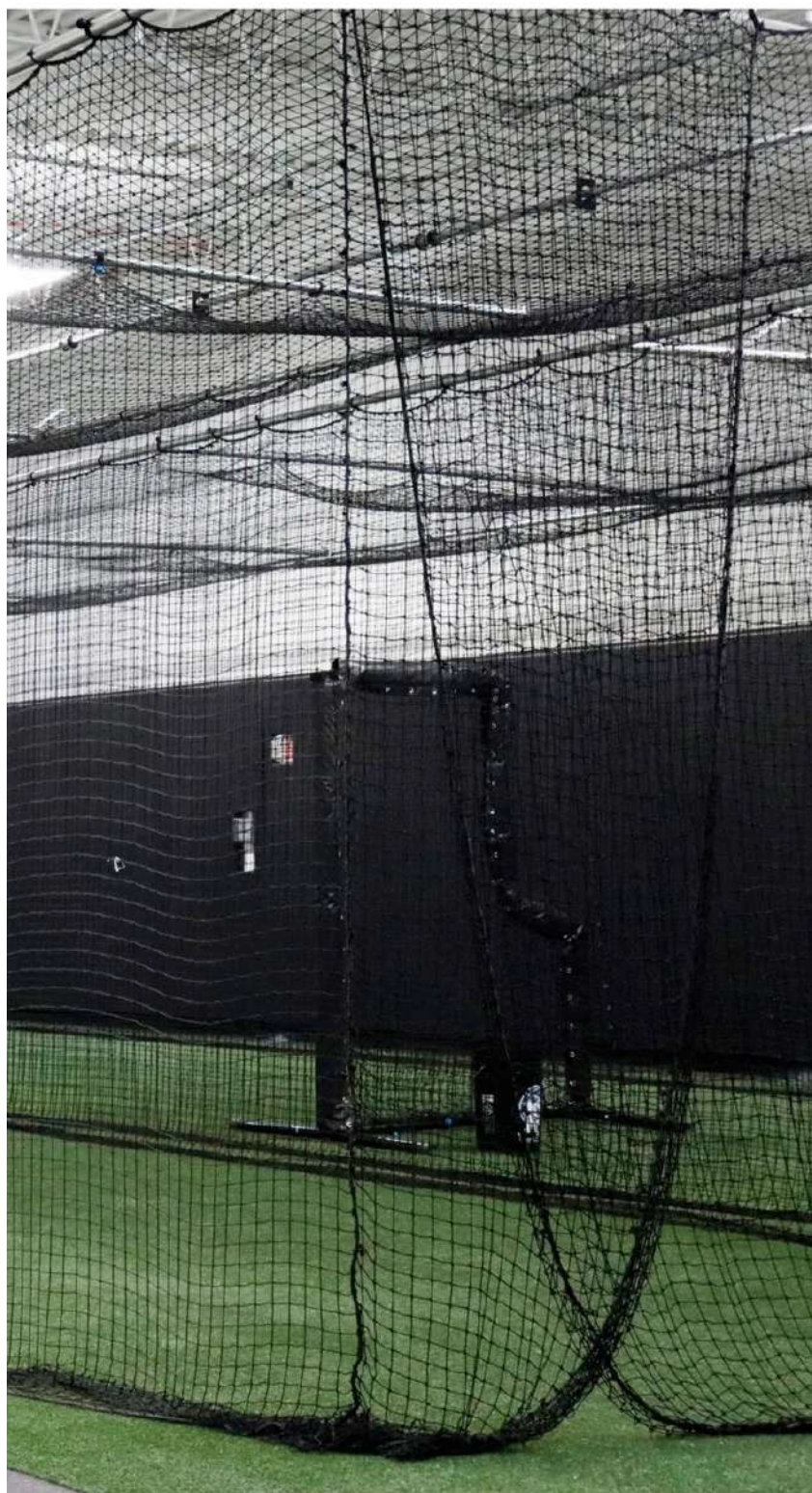


TJ Condon, BS, CPT
Head Baseball Trainer

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**FROM SWINGING,
THROWING, RUNNING,**



FROM SWINGING, THROWING, RUNNING, AND JUMPING to lateral movements and power behind your pitch, baseball takes tremendous skill and intense conditioning to prepare for the season. As a premier baseball training facility in the Midwest, IBJI is ready to help you reach your goals.

Our certified exercise professionals train baseball players of all ages and abilities – from middle school athletes up to MLB players. This is the time of year when baseball really picks up, according to Mike Gaynor, General Manager of the IBJI Health Performance Institute (HPI) in Highland Park. A lot of tryouts, held in February, have resulted in full rosters and scheduled practices. Gaynor says March is the month when HPI sees an increased number of:

- high school athletes looking to improve their baseball-specific strength, power, and speed;
- players who want to improve their throwing and pitching mechanics; and
- players who have shoulder and elbow injuries due to an uptick in throwing intensity and volume.

“At Highland Park, we have 10,000 square feet of space with two batting cages,” Gaynor says. “It’s built to help baseball players with their performance on the field during their respective seasons and get back to playing.”

IBJI Baseball Partnerships
 IBJI works with the Schaumburg Boomers, winners of the 2021 Frontier League championship, to ensure the players stay healthy and have the proper mechanics to avoid injuries. A team of physical therapists and athletic trainers, including Head ATC Sammy Fluck, work with players under the direction of Head Team Physician Michael Chiu, MD, an IBJI board-certified orthopedic surgeon with fellowship training in sports medicine and arthroscopy. “We have four baseball trainers on staff here that bridge the gap from therapy to returning to play,” Gaynor

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"With elbow and shoulder pain being a common complaint among baseball players, especially pitchers, there's a big focus on developing these areas."



says. "If they have been bothered by their lower back, we'll take them through swinging progressions in the cages. We make sure they're ready and 100 percent."

IBJI also partners with the Slammers Illinois Baseball & Softball Academy and has been training the athletes in the academy's high school program for six years.

"The high school kids at Slammers work with us on their baseball-specific speed, strength, power, and injury-prevention training," Gaynor says.

HPI in Highland Park also trains more than 100 athletes in the Highland Park High School and Deerfield High School baseball programs. It also partners with the Park District of Highland Park's travel baseball program along with many Deerfield Youth Baseball and Softball Association players and teams.

HPI at IBJI delivers baseball-specific performance and skills-based training at the Mount Prospect location, which has two batting cages and four baseball instructors in a state-of-the-art, 13,000-square-foot facility that opened in August 2021.

"At Mount Prospect, we work with many different baseball teams and organizations on their skill and performance training," Gaynor says. "Both locations deliver expert training to increase performance and decrease the chance of injury."

New athletes can receive a free performance and injury screen at either location. We may recommend you start training or get a physical therapy evaluation and/or treatment.

Athletic trainers and physical therapists are on hand to support your conditioning, and Pediatric Orthopedic Surgeon Andrea S. Kramer, MD, is just one of the physicians who can assess and treat a fair amount of young baseball players' injuries.

Tailored Programs for Specific Injuries

Among young baseball players, Gaynor sees low-key injuries such as impingement, rotator cuff tendonitis, sore elbows, and UCL (ulnar collateral ligament) sprains. "The two biggest things that we see are lack of strength

or mobility, and overthrowing," Gaynor says. "Kids are throwing year-round with maximum intensity and volume. For those reasons, we see a lot of kids coming in with injuries that — honestly if they took three months off of throwing or modified their volume and intensity — could have been prevented."

Young athletes come in to train and follow a tailored program that aims to get them stronger as the season grows longer.

"To help achieve this, we run our Elite In-season Baseball program*," Gaynor says. "We've had hundreds of players in this program over the years. Many of these athletes have seen high levels of success on the field but, most importantly, we've seen little to no significant injuries among our participants."

Supporting Baseball Teams in the South

IBJI has partnered with the Rhino Sports Academy and helps athletes reach their maximum potential. The Shorewood – Rhino Sports Academy Physical Therapy, which opened in 2020 and is part of Hinsdale Orthopaedics, a division of IBJI, offers complimentary injury screenings in addition to traditional physical therapy for athletes and non-athletes.

Mitch VanderWey, PT, DPT, CSCS, who works at the Shorewood Clinic, got his start there as a strength and conditioning coach, leading athletes through programs focused on strength, speed, and power development. After forming a relationship with Rhino Sports Academy, the coaches realized the benefit of having a PT clinic within their facility. VanderWey now offers his services to their baseball players as young as 8 years old and works with some of the alumni players who are now in college.

"Having this relationship with the program has given me the opportunity to help athletes of all different ages," VanderWey says. "A player or coach can quickly bring any nagging or acute injury to my attention, allowing me to immediately do an informal screening and dictate any further care they may need."

VanderWey works inside a 50,000-square-foot facility that has a larger than full infield, six batting





MITCH VANDERWEY,
PT, DPT, CSCS
PHYSICAL THERAPIST
ILLINOIS BONE & JOINT INSTITUTE

cages, a full weight room, and a turf training area which is commonly used for sled pulls and sprints up to 60 yards. "Anything a baseball player could dream of is pretty much here," he says. "To add to it, there's a physical therapist in the building, which really helps."

Rhino Sports Academy has more than 30 teams, amounting to more than 400 players, both baseball and softball players. Each week, VanderWey is screening several players and formally treating them or following up with them as necessary.

"The baseball coaches and owners like having IBJI over here," he says. "We're just 10 feet away if they ever need anything."

Common Baseball Injuries

With elbow and shoulder pain being a common complaint among baseball players, especially pitchers, there's a big focus on developing these areas, VanderWey says. "During the screening process, I check to see if there are any mobility restrictions or strength deficits, specifically in the shoulder blade musculature. If there is, I will give them home stretches and strengthening exercises to add to their arm-care routine. If it becomes a chronic issue, I can then refer them to one of the sports medicine physicians IBJI offers."

The repeated stress on the elbow from the throwing motion is contributing to baseball players suffering UCL injuries at an increasing rate in recent years. VanderWey often treats athletes who undergo Tommy John surgery, the common surgical name for reconstructing the damaged UCL.



"In the early portion of the post-operative treatment, I stick to manual stretching and passive range of motion, followed by a progression toward light strengthening of the shoulder and elbow, and eventually into a full-body strengthening and dynamic stabilization program," VanderWey says. "Once they meet certain criteria, that's when we can start the return-to-throwing program."

Throughout post-op rehab, athletes are seeing their doctors every four to six weeks and working with physical therapists once or twice a week prior to entering the Phase IV program. (See our other article on Return to Sport: Phase IV in this issue).

"IBJI already has a strong lower-extremity Phase IV program, which is really helpful for getting athletes back to play after a lower-extremity injury, most commonly ACL reconstruction," VanderWey says. "There is a plan in place to get the upper-extremity Phase IV program up and running in the near future. We want to take the rehab for these athletes to the next level by not only getting them back to throwing, but ensuring they are prepared to confidently perform in all aspects of their sport, whether it's at the high school or collegiate level."

In general, Phase IV at IBJI will benefit any thrower who wants to return to competitive or recreational baseball. "It reduces the risk of re-injury

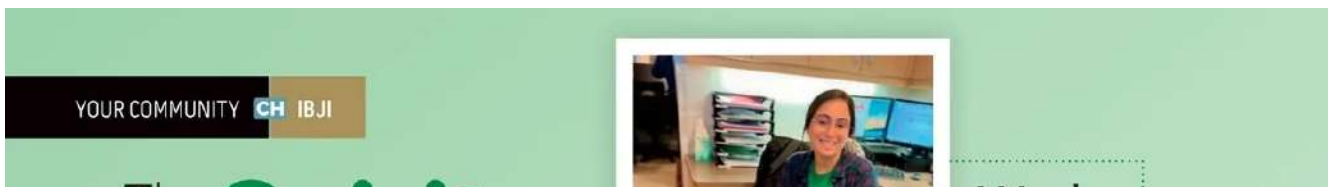
"It's not too late to sign up for the Elite In-season Baseball program. Package costs can be prorated accordingly."

while also helping to prevent injuries elsewhere in the body," VanderWey says.

VanderWey reminds patients that because of Direct Access being passed in Illinois, many health insurances do not require a physician referral to see a physical therapist. "This allows us to begin treating your issue on Day 1 to get you back to your previous function quicker than ever."

Get Better at Baseball

For more information about baseball-specific services at IBJI, such as throwing evaluations, private training, and our seven-day free trial, visit hpi-ibji.com/baseball-services. ■



YOUR COMMUNITY **CH** IBJI

The Spirit of the Day

Illinois Bone & Joint Institute (IBJI) celebrates monthly Spirit Days to help create a positive work environment and promote fun and camaraderie! Even our patients have enjoyed seeing our monthly themes and are excited to see how everyone dresses up.

Physicians, physical and occupational therapists, front desk staff and many more of the IBJI team have enjoyed celebrating these days. Some of our team members go all out by dressing up and decorating their offices according to the theme. ■



Wacky Socks Day



Valentine's Day



Olympics Day



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IBJI CARES for the Community

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Supporting Glenkirk



In January, the IBJI CARES team presented Glenkirk with a check for \$40,000 raised last year at the IBJI Cares Golf Outing. The Near North Region team also participated in a raffle during Holiday Spirit Week and raised an additional \$4,402 for Glenkirk.

IBJI has a community partnership with Glenkirk to support its mission of providing housing, health care, and social services to individuals with intellectual disabilities.

Helping the Hungry

With the help of our patients and staff, the IBJI CARES Foundation collected more than two carloads of food for the Northern Illinois Food Bank and other local food banks.

Learn more about IBJI CARES and the work we do to help the community.



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Hear from Our Patients

IBJI appreciates our patients and the feedback they give, and we are honored to hear all of our patient-experience stories. If you have an experience you would like to share, please visit our website at ibji.com/share-your-story. We welcome you to write a patient story, write a short feedback review on your doctor's profile page or submit a patient-experience video. Thank you to everyone who has shared their experience with us.

Jacob Babu, MD

Back surgery was the very last thing I wanted to do but Dr. Babu was great! The staff was friendly and caring. Everything about my experience was amazing. Back surgery is scary and it helps to have a surgeon who is patient and explains everything in detail. Thank you, Dr. Babu and the IBJI staff for giving me my life back!

Tanya

Paul L. Goodman, DPM

Dr. Goodman is an outstanding podiatrist-the best! I can most highly recommend him. He has excellent skills, is careful, compassionate, and just the epitome of a great podiatrist. Thank you Dr. Goodman for all your superb help!!!

SL E

IBJI Bannockburn Physical Therapy

Alyssa Tindal and Lisa Heswall are just amazing. It is a difficult time to go through, whatever the case may be. First and above all, I couldn't have asked for better people than them. Second, I felt always encouraged and challenged with exercises that fit my needs. Wonderful all around.

Igor

IBJI Chicago-Sauganash Physical Therapy

Thomas Komperda and his staff at IBJI Sauganash Rehab showed exceptional professionalism, care, and cordiality during each of my dozen visits to IBJI. I was treated by different professionals, each of whom were upbeat, friendly, and totally focused on my needs. Their superior accommodation and treatment put me at ease. In particular, the friendly interaction among team members and attention to me was truly effective and deserving of commendation.

Thomas

Brian S. Clay, MD

Dr. Brian Clay is an amazing physician. Not only is he an expert in his field, and takes the time to go through all of your medical history, but he listens to you and educates you about your condition with such kindness. These days it is SO rare to meet such a physician. I highly recommend Dr. Brian Clay.

Veronique

Michael O'Rourke, MD

Dr. O'Rourke & staff are outstanding. Brought my elderly mother in for reviews of X-rays on a broken leg. The nurse went above and beyond to help my mom. Dr. O'Rourke is a great orthopedic physician but an even better human being. His "bedside manner" is as good as it gets. He's a thoughtful, kind, and considerate person. Truly a credit to his profession.

Mark

David E. Hamming, MD

I don't know what I can say about one of my most favorite physicians in the entire history of my medical care. Dr. David Hamming and I have been in a Dr./ Patient relationship since 2017, when I discovered I had a torn Achilles Tendon. Before that, I was a patient of his brother's, Dr. Mark Hamming, for a short time regarding my ailing hip. Working with them via IBJI and Lakeforest Hospital, both Drs are brilliant, wonderful caring healers who go above and beyond to give their patients the very BEST care. However, Dr. David Hamming and my relationship continued right up until my recent hip surgery, which I was reluctant to do for various reasons, including Covid. Needless to say after trying alternative treatments, things got worse, and I decided to have the surgery. Dr. Hamming, being confident of a successful outcome, assured me that everything would be fine, and he was spot on. The surgery was performed at the Hawthorne Surgical Center in Vernon Hills, on an outpatient basis. I could not have been more pleased with the highly personalized care I received from the minute I walked in, to the pre and post procedures and post-operative care, including follow-up therapy, etc. I could go on, but I'll sum it this way: Dr. Hamming and his brother are ROCKSTARS in their fields; everyone who I spoke to over the years, who received medical care from them sure thought so...must run in the family.

Beverly



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Physical & Occupational Therapy to Keep You Moving

IBJI Rehab offers an integrative team approach to your orthopedic needs.

Our therapists work alongside your physician to diagnose and determine the best treatment approach for you. Every therapeutic intervention is tailored to your individual goals, so that you can move better and live better.

Now open in Woodridge, Willowbrook and Homer Glen

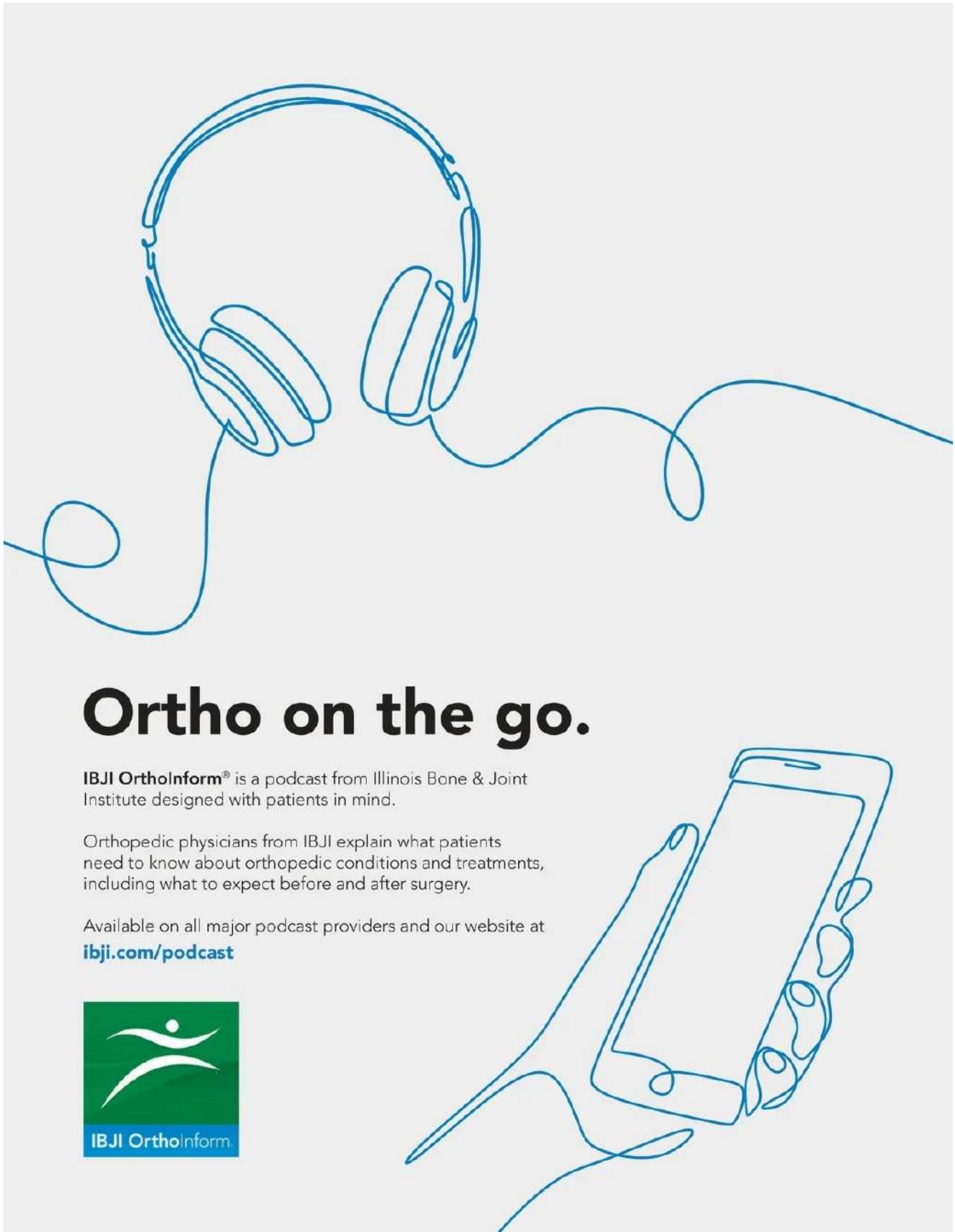
IBJI has 39 physical therapy clinics. Find a location near you at ibji.com.



Services offered:

- Physical & Occupational Therapy
- Blood Flow Restriction Training (pictured above)
- Complimentary Injury Screening*
- Sports Injury Prevention Screening*
- Concussion Management
- Compression Wrapping
- Dry Needling
- Industrial Rehabilitation
- Massage Therapy
- Orthotic Fitting
- Pelvic Floor Therapy
- Performing Arts Rehabilitation
- Pitching/Throwing Analysis
- Golf Analysis
- Dance Analysis
- Return to Play Therapy
- Video Gait Analysis

*Per federal guidelines, beneficiaries of plans such as Medicare, Medicaid, Tricare, VHA, and other federally funded plans are not eligible for complimentary injury screenings.



Ortho on the go.

IBJI OrthoInform[®] is a podcast from Illinois Bone & Joint Institute designed with patients in mind.

Orthopedic physicians from IBJI explain what patients need to know about orthopedic conditions and treatments, including what to expect before and after surgery.

Available on all major podcast providers and our website at ibji.com/podcast

